

## Chinese Chicken and Mushroom Lettuce Cups—8 servings

**Did you know?** Your daily protein target (in grams) should be about half your weight (in pounds). The Recommended Daily Allowance (RDA) for protein is 46 grams for women and 56 grams for men.

- 1 teaspoon sesame oil
- 3 garlic cloves, minced
- 3 cups minced cremini mushrooms (about 8 ounces)
- 1 cup minced shiitake mushroom caps (about 2 1/2 ounces)
- 1 pound ground chicken breast
- 3 cups shredded napa (Chinese) cabbage
- 1/4 teaspoon kosher salt
- 1/8 teaspoon crushed red pepper
- 1 (8-ounce) can whole water chestnuts, drained and minced
- 1 cup minced green onions
- 2 tablespoons oyster sauce
- 2 tablespoons low-sodium soy sauce
- 1/4 cup chopped fresh cilantro
- 24 Boston lettuce leaves

### Preparation

Heat 1 teaspoon sesame oil in a large nonstick skillet over medium heat. Add garlic, and cook for 2 minutes. Add cremini and shiitake mushrooms and chicken; cook for 8 minutes, stirring occasionally. Add shredded cabbage, kosher salt, crushed red pepper, and water chestnuts; cook for 5 minutes or until cabbage wilts. Remove from heat, and stir in onions, oyster sauce, and soy sauce. Cool completely. Place mixture in an airtight container or heavy-duty zip-top plastic bag; freeze. Thaw chicken mixture overnight in refrigerator or microwave at MEDIUM for 10 minutes. Bring to room temperature, or microwave at HIGH until warm, if desired. Stir in cilantro. Spoon about 3 tablespoons chicken mixture into each lettuce leaf with a slotted spoon.

Stir cilantro into the filling after thawing to keep the flavor bright. Use Bibb lettuce leaves instead of Boston for the cups, if you prefer. This appetizer can be served warm or at room temperature. Serve with chili garlic sauce.